Integral Yoga

A Bi-Monthly Magazine of the Integral Yoga Institute



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SPECIAL TOUR ISSUE

WORDS OF WISDOM

Faith transcends reason. Faith alone opens
the door of eternal bliss and immortal abode.
Have unswerving, unshakable faith and enter the
illimitable domain of everlasting peace.

Swami Sivananda

For verily, I say unto you, if ye have faith
as a gram of mustard seed,
ye shall say unto the mountain,
Remove hence to yonder place, and it shall remove
and nothing shall be impossible unto you.

Lord Jesus Christ

To the believer opens the door of salvation
and he becomes the source of his kin's
benediction.
He himself swims across and those that seek
His door,
he wanders in search of alms no more.

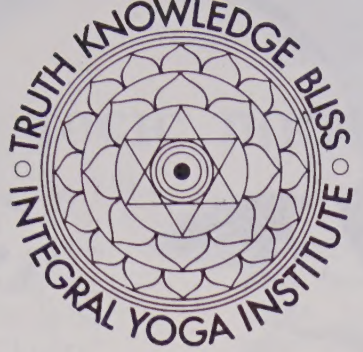
Guru Nanak

He who has faith has everything,
and he who lacks faith lacks everything.
It is the faith in the name of the Lord
that works wonders;
faith is life and doubt is death.

Sri Ramakrishna

Have faith and dive deep into the
fathomless ocean,
And you are sure to find the eternal treasure,
the pearl beyond price.

Swami Brahmananda



INTEGRAL YOGA INSTITUTE

Founder-Director: Yogiraj Sri Swami Satchidananda

GOAL: Healthy body, sound mind, dynamic will, ethical perfection, universal brotherhood, selfless service, Self-Realization.

THE WAY: Asanas, pranayama, chanting of holy names, self-discipline, meditation, manthra japa, study and reflection.

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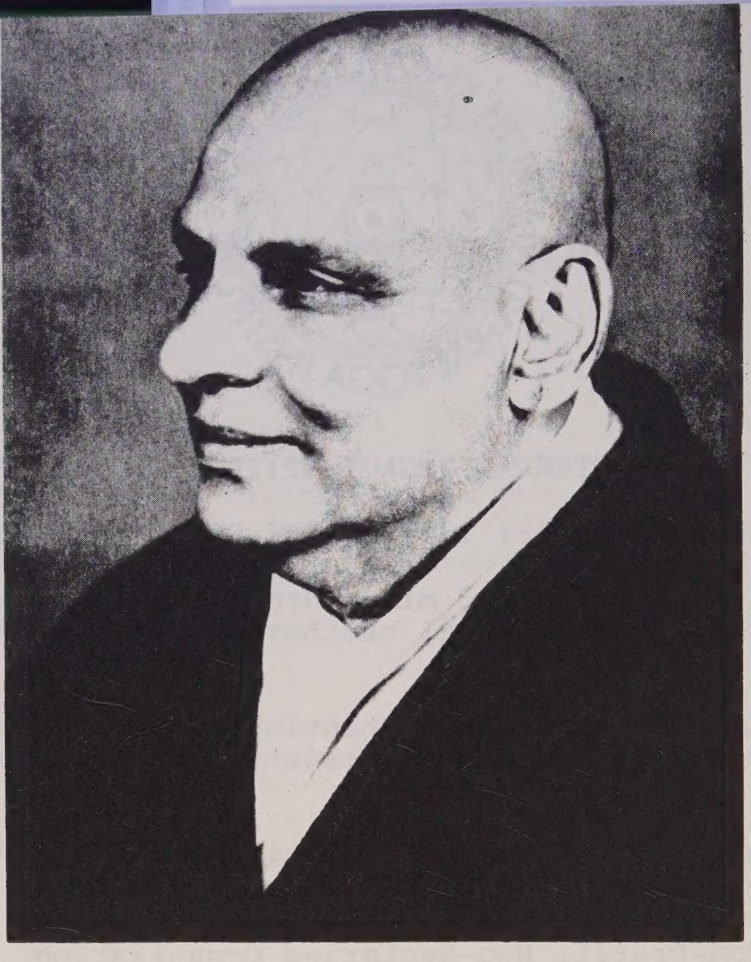
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SERVICE

The first step in the spiritual path is selfless service of humanity. Selfless service is the watch-word along the road to salvation. Selfless service prepares the aspirant for the attainment of cosmic consciousness, or the life of oneness or unity with God. By doing service, you purify your heart. Egoism, hatred, jealousy, ideas of superiority vanish. Humility, pure love, sympathy, tolerance and mercy are developed.

The world is yourself. Therefore, love all, serve all, be kind to all, embrace all. Behold the Lord in the poor, the downtrodden, the oppressed and lowly ones. Become a servant of humanity. This is the secret of attaining God-realization. Serve. Serve with love. Serve untiringly. Attain the peace of the Eternal.

Serve others with the feeling that God dwells in all and receives your service as worship. The world is nothing but a manifestation of God. Service of humanity is service of God only. Remember that God is the inner prompter who impels you to action. You are only His instrument. Work in the awareness of being pulled by the Cosmic Will. You will have more strength and less vanity. It is through the light provided by the self-effulgent Lord within you that you are able to work. Feel this every moment of your life.

SWAMI SIVANANDA

YOGIC DIET

A normal diet should give us physical energy and all that is necessary for the body. But the benefit of the diet doesn't end there. Today, we do not think very much about the different qualities of food and its effect on the mind. In Eastern thinking, even the food is divided into three groups according to the three gunas: Sattwa, Rajas, and Tamas. Sattwa is the tranquil state; Rajas the very active state and Tamas the state of inertia or dullness. Diets also give us these qualities; they have their say over the mind. That is why the Bhagavad Gita devotes so much time to the qualities of different diets. There are three conditions that food should meet: it should help your mind maintain its tranquility; it should not stiffen the body with toxins; and it should be able to be digested quickly without wasting a lot of energy. It should also be prepared and brought to the dining table with the minimum amount of time and expense, and the plates should be able to be washed with minimum time.

Foods that are natural, not very spicy, sour, or hot are considered to be Sattwic. This includes fruits, nuts, milk and milk products, steamed vegetables,cooked grains, beans, and cereals. When the same products are mixed with a lot of spices and become sour or hot, they become Rajasic. That means they create a restlessness in the mind. Our main object is to keep the mind in a tranquil condition. So we use the aid of everything in our daily lives to retain that tranquility. Therefore food is taken into serious consideration. Rajasic food also includes meat and flesh. Animal food or flesh is already dead matter. Anything that is dead will begin to decompose immediately -- it decays. So you are eating dead matter, whereas a vegetable is still a living organism. Take a potato, eat half and cut the other half into ten pieces. If you plant the pieces, you will get ten potato plants. And vegetables, while they may get dehydrated, never decompose. Also, as doctors agree, animal fat leaves more toxins in the system than vegetables and a lot of purin which gives rise to cholesterol.

All foods that are old and cold come under the Tamasic category, that is foods that have been cooked and kept for a long time. Anything that is kept for a considerable time loses its Sattwic quality and becomes Tamasic. The manner of eating can also make a food Sattwic, Rajasic, or Tamasic. If we do not chew well and make a nice pulp of it, to make the whole

thing assimilated, it gets fermented within the system and can cause Tamas or the quality of inertia.

To see the difference between the mental qualities of the different foods, go to the zoo and look at the animals. Some are quiet and passive and don't need a very strong fence. Sometimes they are even let loose. Generally, those animals are the vegetarians. The animals who eat flesh are more wild and restless and they are put in stronger cages. Even within the cage, they just roam here and there; they show their restlessness. It is mainly because of their diet. And you can smell the odor from their tongue, mouth, and excreta. Whereas the vegetarian animals -- like goats, cows, bulls, and elephants -- never smell bad, the non-vegetarian animals do. Even the sweat of human beings has its odor according to the diet. With the proper diet, the sweat can even smell like a scent, like sandalwood.

Above all these things is the feeling that you are not killing anything, any developed conscious life, for your sake. Every time you eat something, you kill something no doubt. But it is the violence, the pain that you cause to life that is important. The pain that you cause to animals is felt more than the pain you cause to vegetables.

From all these points, we should find out which diet is good for us both physically and mentally. By such an analysis, you always come to the conclusion that natural vegetables fruits, milk and milk products, taken in the proper way and quantity, will be very helpful. Even Sattwic food, taken beyond the limitation and needs of the system, can create inertia. So the quality of the food, the quantity, the way of eating it -- all should be considered in order to get the maximum benefit for our daily use.

We learn many things from the animals and birds. They eat natural foods and never have to go to a doctor. They never take pills for constipation, insomnia, or to get rid of gas. It is because they live according to nature. Mahatma Gandhi used to say very often, "Go back to nature. You will enjoy everything good." We have become unnatural in many respects -- our food is artificial, our dress is artificial, even our thinking has become artificial. That is why we come across all sorts of complications and difficulties. So the aim of Yoga is to go back to nature, to lead a very natural life. Have simple foods, simple dress, simple living. In the natural way the mind will have "high" thinking. Once we start living simply, we will have the time to think high.



There should be a tranquility in everything, a limitation in everything. Yoga is not for the person who eats too much or fasts excessively. Going to the extremes may even be easy, but to have the middle path is difficult. Just as we should think in a Yogic way, we should eat in a Yogic way. All our actions, thoughts, and words should be Yogic. Then you will see that your life is completely transformed.

Sri Swami Satchidananda

CALMNESS INSURES VICTORY

Calmness is spiritual and practical wisdom, for in serenity lies the key to unraveling challenges. A dam is never released by forcing the water but by gently opening the flood gates, releasing with it calm assurance, calm power and perfect solution. Agitation is a bottleneck, a hindrance and a detriment to right action. It never results in love but in tension which creates hostility and failure. Calmness is the viaduct through which love and wisdom can flow and generate fulfillment.

THE JOY OF LIVING

Joy is a definition. Spiritually defined, it relates to attitude and discovery. It is a question of interpretation of experiences and our reactions to them. It is not so much whether good things happen to us as much as how much good can we find in experiences. Joy hovers omnipresent. It waits to be tasted or ignored. The pursuit of joy can be dynamic in that we must constantly ferret out its nuances. It can be contemplative in that we perceive it in subleties. But always we are the mariners, charting the compass, plotting the course, setting the sails. Joy is a result. It depends on our vision.

OUR THOUGHTS BUILD OUR WORLD

Thoughts can dominate us or liberate us. If we tame the tyrant thoughts of fear and hate by the conquering thoughts of faith and love, we have overcome a meek adversary. If we allow rampant domination of negative thinking we are defeated by a foe with no power except that which we wantonly grant to it. To think wisely is to think "love-ly". To think wisely is to be on guard. With love and wisdom we are capable of control over what enters and leaves our mind. Love thoughts push out hate thoughts. We alone are the hosts who must answer to thoughts: "Invited or Uninvited".

HOW TO MEET CHALLENGE

Letting is easier than resisting. It only takes a change in point of view and the sails are set for forward movement. When one lets, all the spiritual forces are accelerated and the cadence of fulfillment is stepped up. To let is to allow, to consent to flow with the cosmic tide of rhythm and balance and to get the personal self with its companions of fear and futility completely out of the way of the Universal aura. For if we sidestep the wind of strife, it blows beside us, not on us. Letting is loving. Loving is Wisdom. A "let-er" is never a loser.

PATIENCE WITHOUT PAIN

How I wait for my good is more important than what I wait for. The wisdom lies in waiting with enthusiasm and with security. The wisdom lies in making use of the waiting time by finding joy in every moment until the ultimate fulfillment of the specific goal is attained. Patience is a science and an art. It can develop from an interest to a talent. Life is not living in a "waiting room", but rather waiting in a "living room".

Now never has to come! Now never will leave! It is always here. Like a clear canvas, it awaits our painting.

There are no sidelines in a life. We must enter in and live.

Peace is accepting challenges while we are in the mainstream of living, whether it be on the "battleground" or in the "rose garden".

We succeed when we no longer need.

THERE IS ALWAYS A NEW BEGINNING

Beginning and ending are activities of the same circuit. Whenever we begin again something has had to end. Whenever something has ended, it is because a new beginning has forced a change just as a blade of grass forces a change in the earth so it can slip through. Wisdom can make beginning exciting, if we intelligently plan our growth and progress. Love makes beginning an encounter if we have faith in the assurance that each beginning holds promise, not fear. Dare to begin again! Begin again to dare!

ART OF HAPPY LIVING

Develop your potentialities
-Improve yourself!
Find fresh interests
-Enjoy yourself!
Do new things
-Advance yourself!
Keep healthy
-Look out for yourself!
Help your neighbor
-Give yourself!
Be a good citizen
-Involve yourself!
Work well
-Express yourself!
Spend time alone
-Discover yourself!

Rabbi Gelberman
and Dorothy Kobak

Rabbi Joseph H. Gelberman is Rabbi of The Little Synagogue in Manhatten and Co-director of the Midway Counseling Center. He will again be one of the spiritual leaders of the Yoga Ecumenical Retreat this summer in Connecticut. Dorothy Kobak is Rabbi Gelberman's associate.

SRI SWAMI SIVANANDA MAHARAJ

by Swami Satchidananda

Sri Swami Sivanandaji, Guru of Swami Satchidanandaji, founded the Divine Life Society in Rishikesh, India, whose branches are now found all over the world. He entered mahasamadhi (final conscious exit from the body) in 1963.

Among the great and holy sages who have time and again incarnated on earth to wean man away from the path of unrighteousness to that of Truth is the Sage of Divine Life, Swami Sivananda Saraswati. Swamiji stands chief of those who preached the most ancient Truth in the most modern way, making it attractive to the modern mind. The most striking fact is that His teachings are the simplest ones possible. Clearly, in a manner most understandable to the ordinary man and child alike, He has expanded the path to the attainment of Eternal Bliss. What He taught was the same Truth that the Holy Scriptures propounded; He has given us their nectarine essence in a few simple words. Serve, Love, Give, Purify, Meditate, Realise.

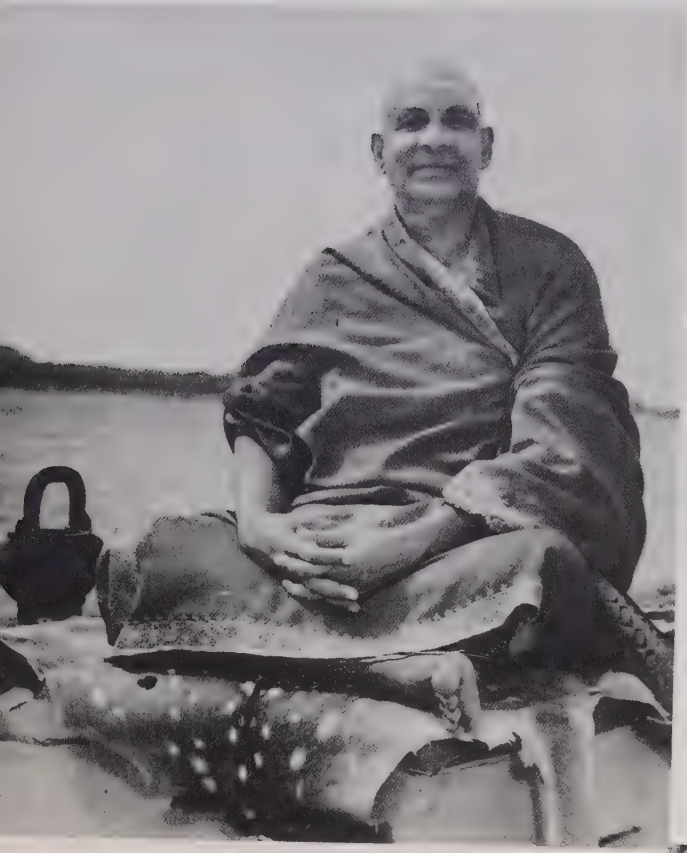
Swamiji was well aware of how difficult it is for the modern man to do sadhana (spiritual discipline) according to the strict rules of the past. Indeed it is only one in a thousand who have sufficient keenness and determination to do so, and even they find it very difficult. Being well acquainted with this fact, Swamiji gave spiritual discipline an elasticity through which alone lies hope for the modern man. Elasticity is not to be confused with lascity. It is merely that He has simplified it to the utmost, making it easy for aspirants to follow the path of Divine Life. "Do you find it difficult to meditate? Do not worry. Just do Japa (repitition of a sacred syllable or word). Is that also difficult? Well, do a bit of Nama Sankirtan (singing the name of the Lord). Does that also seem strenuous? Then, as you attend to your work, pause now and again and just think of the Lord. That itself will suffice to begin with. Seek the company of holy people. Listen to the praise of the Lord being sung. Whenever the scriptures are expounded, wherever the Lord's name is repeated, make it a point to be there. Gradually your mind will seek the Lord on its own." He says this for those who are at least a little spiritually inclined. But what of those who do not show any such inclination? With persistent pushing even a rock may be moved! Swamiji, with the loving thought that even such hearts as these can be turned towards divine life if only they hear and read enough about it, distributed thousands of rupees worth of free literature. In railway compartments and other places where people are likely to gather, He scattered these with the hope that someone finding it may turn a new leaf. Such is the largeness of His heart.

It was with this same eagerness that He time and again asked devotees to do Gnana Yagna (charity in the form of distributing enlightening literature). He has written more than 200 books. All the world over they act as His most able messengers. This is how, in spite of the fact that He did not set foot outside India and Ceylon, His devotees are to be found in all parts of the world. His is the voice of the ages, sounding the Truth of all time. It is only the conveyance that differs. The voice of the Himalayas sounds deep and resonant through the modern medium of attractive books.

He has lent simplicity and sweetness to spiritual discipline usually supposed to be so rigorous. To the modern man who has to have even his medicine in the form of sugar coated tablets, Swamiji has made spiritual discipline sugar coated too. It goes down easier that way. It is because He has adapted spiritual discipline to suit the mind of the modern man and preached it through the most modern instruments that His teachings have reached every corner of the Globe.

A visit to His ashram would render you wonder struck. Such is its grandeur and the extent of its service. On one side you find numerous rooms which accomodate aspirants from all parts of the Globe. At the same time there are separate guest houses for the hundreds of guests who visit the Ashram. At the huge Annakshetra (refactory) you find more than 300 pilgrims being fed daily free of charge. On another side is the Ashram press with its up-to-date equipment turning out books and magazines non stop. These carry the message of Divine Life to devotees and readers all over. In the Hospital run by the Ashram, free medical aid is rendered to hundreds of patients every day. In one section of the Ashram, the choicest of Himalayan herbal medicine is prepared to be used for the ailing. Apart from these is the Yoga Vedanta Forest Academy where students of all countries and creeds study the various Scriptures, the different systems of Yoga, and pursue matters of the Spirit. There is also the Bhajan Hall where for the past so many years recitation of Ram Nam (the name of Ram) has been kept up night and day without stop. High above all the buildings towers the Gopuram of the Temple of Lord Viswarath, the one who severs all fetters. Amidst these, like the choicest gem in a crown of brilliance stands Ananda Kutir or the Abode of Bliss where the great sage dwelt radiating blessedness and peace.

Material help keeps pouring in to keep the work of the Master going on. But He has given more than received. His hands are those that never stop giving. The hands give sweet prasad and rare books. The heart gives the purest Love. The tongue gives out the highest Truth and the Soul gives out its blessings! Giving has found its refuge in Sivananda. "Give! Give! Give!" is His constant exhortation. "Never seek to receive or to keep. But



Sri Swami Sivananda Maharaj



amiji on the steps of Ananda
tir, Swami Sivanandaji's
ttage in Rishikesh, India.

Always keep giving!"

All Swamiji's teachings have been based on integral Yoga or the Yoga of Synthesis. Being a liberated sage always dwelling in Bliss consciousness did not make Him glorify solitude and meditation alone. "Develop along the path of integral Yoga, let your hands serve, let the heart expand with the purest selfless Love and let the mind seek the eternal Truth. Let Karma Yoga (selfless service), Bhakti Yoga (devotion) and Raja Yoga (meditation) go together. Only then will you be perfect Yogins." He has given the essence of Divine Life in just three sentences:

"Serve, Love, Give,
Purify, Meditate, Realise.
Be good, Do good, Be
kind, Be compassionate.
Enquire who am I, know the
Self and Be free."

This is integral Yoga. This is the harmonious development of Head and Heart and Hands.

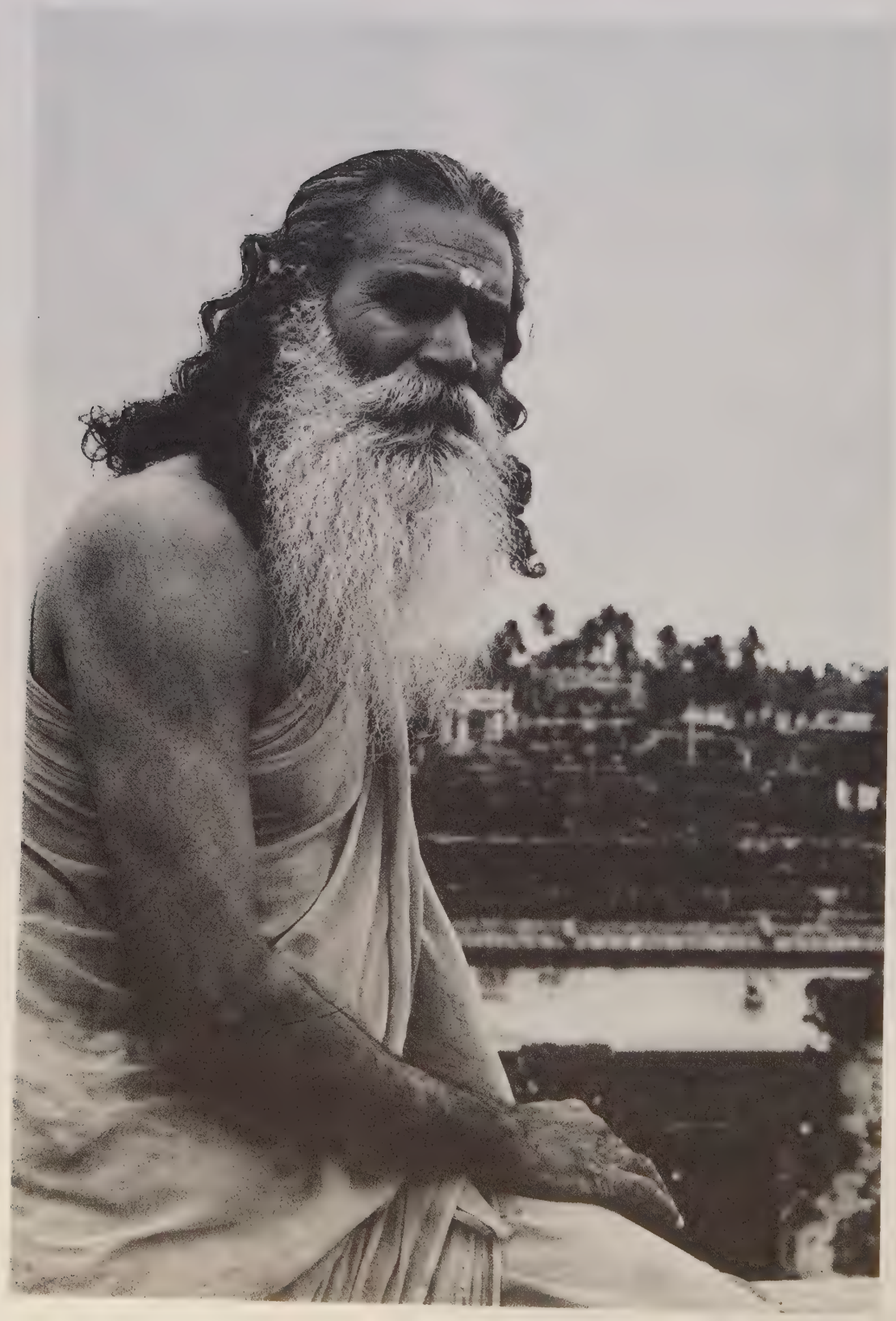
Whatever He preached, He showed in practice. To those who were blessed enough to be at His feet there has been no need for preaching. His every day life in itself has been all the teaching they ever needed. From sweeping to penning the sublimest wisdom there was no work that He did not do. And all that He turned into worship with His divine Bhavana (attitude). More loving than a mother, more forbearing than anyone we have ever seen, He has himself been the most perfect example of His constant teaching: Bear insult. Bear injury. It is the highest discipline. Indeed, never did He think of forbearing for He saw neither insult nor injury. His humour is without comparison. It has imprinted His teachings deeper in our minds. This same humour has taken the sting out of even His rebukes!

At the foot of the Himalayas, in the tap of Mother Ganges, in the Abode of Bliss, from the crystal clear heart of Gunder, another river has taken its source. That is the river of Love Divine. His Love cannot be fathomed by the ordinary man. Like all the prophets of old, He lived and died for mankind.

His body is no more. But His spirit lives forever, creating a mighty spiritual awakening. May His Grace make the flame of knowledge grow brighter within us.

Om Peace Peace Peace

WORLD TOUR
1970–71



Sri Swami Satchidananda's world tour of 1970-71 was an example of the ecumenism he has preached and practiced throughout his life. More than just bringing a message, Swamiji has traveled around the world planting the awakening seed of a new consciousness.

Swamiji left New York on October 16 amidst a huge gathering of American devotees. Although they were sad that Swamiji would be physically far away for six months, they were confident in their hearts that he would, as always, be with them. It was another example of his lesson:"In Yoga there is no coming or going. There is only realizing that we are always together."

Swamiji arrived in fog-covered London and was taken to the home of Jean Campbell. That afternoon, a luncheon was given for the top journalists of the country, including Norman Mailer. While in London, Swamiji spoke at the Hindu Center, Gandalf's Gardens (where the young people gather for meditation and other spiritual practices), and at the home of Mr. and Mrs. Lipman. The audiences were made up of very different groups, but all showed the same sincere interest and enthusiasm.

Swamiji was met in Brussels by many of his devotees and then driven to Aalst by Siva, Narayan and Lakshmi Kiekens. A satsang filled to overflowing was given that evening at the Yoga center. The people were so warm and friendly that Swamiji told them he felt like he was coming home. He spoke the next evening at the Town Hall. In Brussels, Swamiji stayed at DHARMA, run by Usha Brel. Here he gave initiation to 30 seekers and an evening talk. He also spoke at the Shanthi Club as arranged by the Brussels Integral Yoga Institute, run by Mr. & Mrs. Andre Van Lysebeth.

In Amsterdam, Swamiji gave a talk and morning meditation at the Kosmos Club, another gathering place for young people. Swamiji stayed in the Hague at the home of Hetty Noske-Lens and gave another evening lecture.

Mme. Simonetta Colonna di Cesaro was the hostess in Paris, where Swamiji spoke at the Paris Integral Yoga Institute, run by Mr. & Mrs. Lambert, the Divine Life Society, and to the Hog Farm. The IYI there is growing rapidly and promises to be a great center. Swami Yogananda, the first western Swami ordained by Swamiji, will soon be working with them again. He took Sannyas in January while staying at Swamiji's lovely ashram in the beautiful hilltown of Kandy, Ceylon.

Although Swamiji visited Munich for only one day, the enthusiasm there was great, and an IYI will soon be serving there. On for a short stay in Switzerland where Swamiji inaugurated the new home of the Lausanne Integral Yoga Institute, run by Mr. & Mme. Hug. He then returned to southern France where honorary citizenship of the Rayol Canadel district was presented to him by their mayor. Here Swamiji was able to rest for a few days at the lovely villa of Mr. & Mrs. Harry Leeb.

* * * *

Italy--head of the Roman Empire, site of the Vatican City and, since Christ, head of the Catholic Christian world--is opening up to the science of Yoga with the spontaneity characteristic of nature's processes. Many Italian Yogis feel that it is through this practice that they have begun to appreciate their own traditional beliefs and to realize that "catholic" truly means universal. In Milan, Swamiji was enthusiastically received at the Centro Yoga where he spoke to people mostly from the arts. His presence helped them to recognize the way to true inspiration and learning. Anna Gervasoni of Bergamo asked him to speak to the students of her Instituto Yoga, and they begged Swamiji to come back and stay for a few months. Florence welcomed him with beautiful skies and warm, friendly people. He stayed at the Centro Yoga run by Marcello and Antonio Naim, whom Swamiji named as Siva and Shakthi.

Assisi, birthplace of the great Francis, is situated high in the midst of the magical Umbrian Valley, the region that has given the western world most of its greatest saints. Swamiji arrived there at the mystical hour of sunset. It was a misty sunset filled with a faint, clear-blue light. Upon entering his room, Swamiji opened the two french windows of the balcony and stood there in perfect stillness looking down over the valley. Time stood still in silence, holding that moment in eternity. He stood as if in dialogue with an old dear friend. After a while, he slowly and very softly began humming a song. It was then that the cool breeze reassumed its interrupted song and that the valley, the mist, and the blue seemed to melt away into Satchidananda's imposing shadow.

Swamiji paid his respects to the two great Basilicas-the tomb of St. Francis the Sun and of St. Claire the Moon. While visiting the temples or walking along the quaint, crooked streets of that hole medeival city, the presence of this modern Hindu monk seemed perfectly natural. It was as if in each majestic step he carried the small city and its tremendous meaning close to his heart in a reverent procession of communion and understanding.

And the city of Assisi was pleased. She told him so through a flower-like young girl who one afternoon, apparently for no reason at all, suddenly left the security of her mother's



Swamiji in Assisi

hand and ran across the street into Swamiji's open arms. Such is the language of the gods....

In Rome, Swamiji was received in a private audience with His Holiness Pope Paul VI. This was his second visit with the Pope. As the Pope walked into the room where Swamiji stood waiting, he held up both arms and walked swiftly towards him saying, "We met four years before." As they stood there speaking for nearly twenty minutes, the Pope asked many questions about the spread of Yoga among the young people of America and the rest of the world. Swamiji showed him the catholocism of Yoga which forms the basis of all beliefs and which, by bringing peace to the individual, brings peace to society and eventually to all the world. At the end of the audience, the three disciples accompanying Swamiji were brought in to meet the holy Father. They knelt before him to receive the apostolic blessing. The Pope urged them to continue dedicating their lives to this most commendable work of God under Swamiji's holy guidance. He gave Swamiji the Vatican Medal and a souvenir to each disciple.

Swamiji also gave public lectures in Rome at the Instituto di Cultura Romano, the Academia Yoga, and the Academia Tiberina.

* * * *

Air India flight #108 arrived in Bombay at 4A.M.--a holy number and the time of meditation (Brahma Murta). The arrival was lighted by a full moon and the radiant faces of Swamiji's Bombay devotees. Like so many disciples around the world, they see him only once in two or three years, and their joy at having him physically with them again was overwhelming. Here he stayed at the home of the Mehta family who have known him for more than twenty years. From early morning to late evening, people flooded their home to have Swamiji dharshan (blessings) and he greeted all untiringly. He visited several temples and spoke at many places including the Universal Hindu Association and the Divine Life Society.

As Swamiji walked from the plane at Coimbatore (South India), he was surrounded by hundreds of devotees who garlanded him with so many flowers that his face and head were completely covered. They performed a puja (worship) ceremony right there, bathing his feet in milk and sandal paste. The proverb, "A prophet is not honored in his own land" is not always true. From that moment until he left almost ten days later, there was a constant stream of people waiting to catch a glimpse of him or receive his blessings or a bit of holy ash from his hands. Mr. Giri offered his assistance in every way during this stay and was an inspiration of service and humility.



Sohini Mehta with Swamiji

The people of Coimbatore area have known Swamiji for many years as he went to school there and was born in nearby Chettipalayam. Many members of Swamiji's family are there including his brother, two sons and grandchildren, and all came to sit at his feet and learn his great teaching. Here and throughout the East, there was such enthusiastic interest in Swamiji's work in the West that he was asked to show the films of "Swami's Children", the Woodstock Festival, the Yoga Ecumenical Retreat and others almost everywhere he went--sometimes twice a day! There was always an eagerness to share ideas and often the western disciples traveling with Swamiji were asked to say a few words also or to lead the groups in chanting.

The visit to Chettipalayam was one of the most memorable. Four blocks ahead of Swamiji's family's house, hundreds of people lined the streets waiting to catch sight of him. He could hardly move through the crowd though several people went ahead to clear a path. Hands came in from all directions to touch his gown, his feet, his hair, with real reverence and devotion. An entire temple courtyard was not large enough to hold the crowd that came to hear him speak in Tamil, their native tongue. Since this visit, his house has been made a pilgrimage site.

Swamiji, accompanied by Sri Sundara Swamigal, visited Maruda Malai, a green and misty hill temple devoted to Lord Muruga. We traditionally walked clockwise around the main altar and took part in the individual pujas offered at each of the many smaller altars. It was here, Swamiji told us, that one of his ancestors had been fed by the Lord himself. The man had been in deep meditation in the temple and was not aware when the temple doors were locked for the night, nor was he seen by the temple priest. In the middle of the night, he became conscious of his situation. Feeling very hungry, he simply and sincerely asked the Lord for some food. Soon the temple priest (whom he knew very well) came in from the kitchen with a full meal of temple Prasad (food that has been offered to God). After eating and thanking the priest the man resumed his meditation. When the temple was unlocked in the morning, the priest was shocked to find the man inside and even started to apologize for locking him in. The man immediately asked the priest if he had not in fact come and given him food in the night. The priest had not and was even surprised to see the temple dishes on the floor near where the man was sitting. The kitchen door was locked, but on opening it they found the Prasad was gone. Then they realized what had happened. Now the incident is well known to the people and is indicative of their deep and universal belief that if you are sincere and earnest, God will appear to you in any form you desire or need.

Years ago, Swamiji served as manager of Perur temple where he once saved the temple elephant from being overworked. Since that time, the elephant became very fond of and attached to him. When that elephant saw Swamiji this time (after several years) he immediately came over, put his head next to Swamiji's, wrapped his trunk around him and made a sound like low purring. Swamiji petted and



Devotee garlands Swamiji!



Amma, the Nameless Mystic, Swamiji, Sheela, and Shanthi

kissed and fed him lovingly and when he left, the elephant followed him out and stood watching as the car pulled away.

Lectures were arranged by Sri T,R, Sundaram Pillai, Sri G.D. Naidu, Sri R. Krishnaswami Gounder, Sri E.R. Palaniswamy Gounder, and others at the Divine Life Society, Rotarian and Lions Club meetings and many other halls and temples. Several people accompanied him on a car trip through Madurai and down to Cape Comarin, the southernmost tip of India. On the way we visited many temples significant to Swamiji's past, where his presence was honored with music and chanting and even elephants garlanded him and roared in welcome. At beautiful Palani Hill, the priest performed a very special ceremony. The deity was draped three times with different costumes and one of the prayers was offered for the people and work of the Integral Yoga Institutes.

Swamiji was taken to see a nameless mystic holy man near Coimbatore. The sage welcomed him with open arms and, stroking his head, repeated many times, "There is nothing lacking in you." He played a lively tune on a harmonica which he later gave to Swamiji and spoke to us about the greatness of service while he made Swamiji rest quietly in his room. He requested to try on Sheela's prescription glasses, which he kept, and insisted on having his photo taken with Swamiji.

Vellingiri was the scene of local men dancing in the road to the music of their native drums, horns and chanting, as Sri V.P. Kandaswamy Gounder, the trustee, and the large gathering of devotees led Swamiji into the temple yard. Here he spoke quietly into the oncoming night under a huge spreading tree at the foot of the holy mount. Again they wanted his presence for much longer time and asked him to set up an Ashram there.

The lush green hill station of Ooty welcomed Swamiji with more intense chanting and dancing. The nature welcomed him with an elephant ride deep into the quiet jungle for a glimpse of some wild animals. Swamiji was delighted to be searching for elephants while on the back of one! The weather had been rainy for days but, as almost always, the sun shone brightly for Swamiji's stay.

East to Bangalore where Swamiji stayed at the home of Mr. & Mrs. Seetha Ram and visited the Divine Life Society, a Vishnu temple and the ashram of Sant Kesavdashji. The people were so appreciative of Swamiji's work and many came to us with tears to say how blessed we were to be in Swamiji's presence and we should never leave him. A side trip was taken to Mysore where Swamiji made friends with the local monkeys and visited Brindaban gardens by night.

In Madras Swamiji spoke to gatherings of many officials and police officers at the Cosmopolitan Club and at the Gita Hotel Auditorium. We visited Tiruvannamali Hill Temple, home of Ramana



Festival of Lights at Tiruvannamali

Maharshi's ashram, for the yearly Festival of Lights. Sri N. Mahalingam insisted that Swamiji visit the festival and he took him there himself. Sitting on the roof of the Temple, we could look down at the thousands of people in the courtyard excited at seeing the spectacular parade of deities in hand-held carriages. Above was the holy hill top where people could still be seen winding their way upward to pay their respects on this auspicious day. At the appointed hour, a light was seen through the darkness on the hill and immediately a corresponding light was unveiled in the courtyard below--symbolizing the lighting of the Divine spark within us all by the grace of the Universal Light of Love from above.

Delhi was reached with an air of anticipation as the Rishikesh Divine Life Society was just a few hour's drive away. Leaving Delhi at 6 A.M., we stopped briefly for a quiet prayer in the mist surrounding the Gandhi Memorial. The countryside was a welcome sight with its rough roads, bullock carts, and many people on foot or bicycles. Passing a sugar cane field, Swamiji asked the cars to stop and all got out for a lesson on how to extract sugar cane juice and a tasty sample. When we offered to pay the farmers for the juice, they refused saying that, although they may seem poor, the Lord had made them rich.

Excitement mounted as we drove into the town of Haridwar and got the first sight of the Holy Ganga Mata (Mother Ganges). Swamiji led us through the curious onlookers down to the banks where we all joyously stuck in hands, feet and faces for a drink that quenches more than thirst. A priest nearby asked Swamiji if he wanted him to perform a puja ceremony and Swamiji answered that we already were.



Visit to sugar-cane field



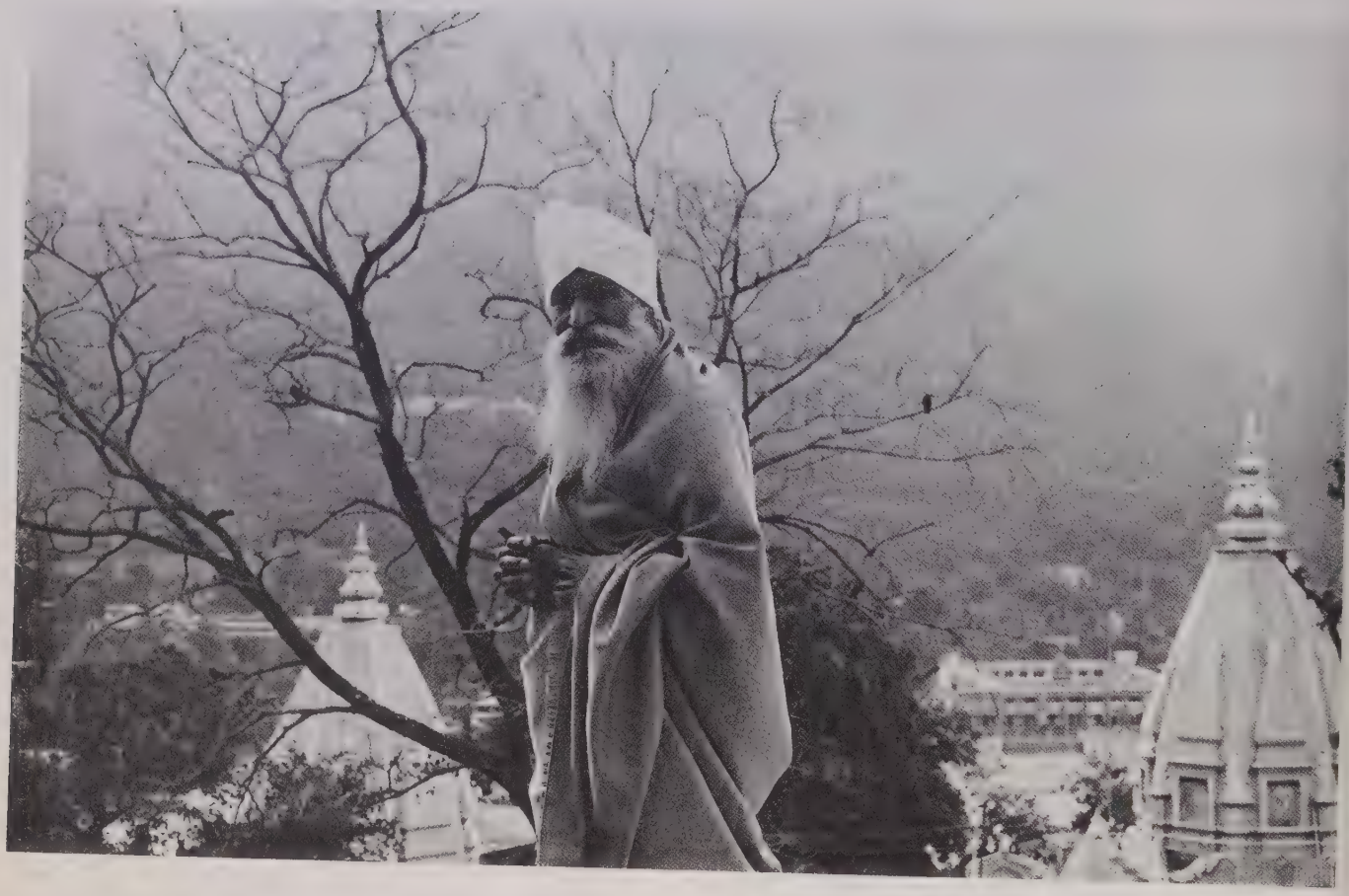
Meditation in the Vasistha Caves

The three day stay at Rishikesh will remain in our hearts forever. A deep peace pervades everything there and the ashramites are an inspiration and a joy to be with. Swamiji was happy to be in the company of his brother monks, Swami Krishnanandaji, Swami Premanandaji, Swami Hridayanandaji, and many others, and they received him and us with a love and great hospitality which so perfectly reflected the teachings of His Holiness Swami Sivanandaji. We drove closer to the mouth of the Ganges, to the Vasistha Caves, a place close to Swamiji's heart where he has meditated often and had many blissful experiences. Here we also meditated and ceremoniously bathed fully at his feet and took prasad from Swami Kalikanandaji.

Further north, we visited Derradun and Masoorie high up in the Himalayan foothills. From there could be seen the snow-clad peaks of Tibet, including holy Mount Kailash.

On returning to Delhi, Swamiji, Swami Chidanandaji, and Swami Premanandaji gave a satsang to a large group at the New Delhi Divine Life Society temple. The great love and unity shared by these three great saints was communicated to all present and taken as the real Prasad. The satsang was arranged to receive Swami Chidanandaji after his world tour.

A happy one-day excursion was made to the unbelievably beautiful Taj Mahal. As Swamiji stood before it smiling into the sun, there was almost a silence as all the surrounding visitors moved their gaze of awe between it and Swamiji's imposing figure--as if trying to decide which was the more inspiring. As they realized what a perfect combination of greatness was before them, the cameras started clicking and, one by one, they all came to sit next to Swamiji while their companions took photos.



Overlooking Rishikesh -- the Divine Life Society



Swamiji with the children of Sri & Srimathi SeethaRam
in Bangalore

The Yoga Scientific Conference arranged by Christopher Hills and many devoted workers was held in Delhi for five days and hundreds of teachers and researchers in all areas of spiritual work came from all over the world. Individual sessions went on throughout the days and much information and knowledge was shared. On the last day, our beloved Swamiji spoke to the entire assembly, concluding that Yoga was after all perfect Peace, Harmony, and Unity which can exist in and between us all.

Swamiji's birthday was celebrated in Delhi on December 22 with a party at the Oberoi Intercontinental Hotel. It was a wonderful day with a special Indian feast, topped off with a unique Yogic dessert--cake and ice cream!

The morning before Christmas, we flew to Madras for a one-day stopover before reaching Ceylon. The evening was spent listening to the elevating and ethereal music of C.V. Narasimhan and his beloved sister Jayalakshmi at her home. Mr. Narasimhan sang the most beautiful South Indian devotional songs, accompanied by violin and veena, and Alice Coltrane played a soft piece on the harp which she had brought with her from New York. Everyone felt the encompassing, true joyous spirit of Christmas in a new and wonderful way.

India has touched our hearts deeply. Always with us are the memories of mysteriously beautiful faces, a people of intense devotion, and families of unending hospitality and service. There is a joy in giving which is common to the people's lives and determines their actions. Visits to the sacred temples live on in us in ways we can't begin to understand.

We have much to learn from their humility and their reverence for greatness. They take almost literal refuge in prostrating at the feet of a Master such as Swamiji. So many lead their lives under Swamiji's direct guidance though they rarely see him physically or even correspond. Yet they ever feel his presence. Swamiji is constantly told by devotees how he has helped them or come to them in his physical absence.

Being with Swamiji in America, we have seen how he has helped thousands and thousands of people to be happier, healthier, and more peaceful. Now we have seen that the East is also devotedly practising his teachings. Truly East and West will merge into a perfect union, Yoga, through the selfless service of such great saints as our beloved guru.

The rest of the journey through Ceylon, Malaysia, Hong Kong, Japan, Manilla, Australia, New Zealand, Fiji, Hawaii and the States will be featured in the next issue.

Your servants,

the three blind mice,

Amma, Sheela, & Shanthi



It is impossible to mention all the names of those adorable people and the great institutions that made Swamiji's tour comfortable and a great success. Still, we would like to make special mention of a few.

ENGLAND

LONDON: Jean Campbell; Hindu Center; Gandalf's Garden; Mr. & Mrs. Lipman; Mr. & Mrs. Winterbottom; Mr. John Pilgrim.

BELGIUM

AALST: Siva & Narayan Kiekens, 'Yoga Vedanta' Center.
BRUSSELS: Mr. & Mrs. Andre Van Lysebeth, Integral Yoga Institute; Mr. & Mrs. Brel, Dharma.

HOLLAND

AMSTERDAM: Kosmos Club; Mr. & Mrs. Noske-Lens.

FRANCE

PARIS: Mme. Simonetta Colonna di Cesaro; M. & Mme. Lambert, Integral Yoga Institute; M. Guy Despinades, Sivananda Yoga Vedanta Center; Mr. & Mrs. Harry Leeb; Jothi Naslednikov.
LE RAYOL-CANADEL: Honorable Mayor M. Gola; Mr. & Mrs. Harry Leeb.

GERMANY

MUNICH: June Berman.

SWITZERLAND

LAUSANNE: M. & Mme. Hug, Integral Yoga Institute; Miss Tess Van Gelder.

ITALY

MILANO: Mr. Carlo Patrian, Instituto de Yoga; Mr. & Mrs. Marini; Mr. & Mrs. Rajan.
BERGAMO: Anna Gervasoni, Instituto Yoga.
FLORENCE: Siva & Sakthi Naim & Evelyn, Centro Yoga; Pierre Luigi.
ROME: Prince Francesco Aldobrandini; Instituto di Cultura Romano; Prof. Istomin, Academia Tiberina; Mr. Baumgarten, United Nations; Georgio Furlon, Academia Yoga; Maria Grazia Janari.

INDIA

BOMBAY: Sri Suresh & Srimathi Sohini Mehta; Sri Arvind & Srimathi Sushila Mehta; Sri Jatin M. Bhabhalia Sri Parameswaran, Divine Life Society; Sri & Srimathi S.N. Kapur; Sri & Srimathi Mohan S. Vazirani; Sri Janakiraman.
COIMBATORE: Sri Giri, A.B.T. Ltd.; Sri T.R. Sundaram Pillai; Sri R. Krishnaswamy Gounder; Sri Nachimuth Chettiar; Sri M.K. Krishna Chettiar; Sri La Sri Sundara Swamigal Siravanapuram; Sri A. Sadasiva Divine Life Society; Sri G.D. Naidu; Sri P.S. Venketeswamy; Sri V.K. Palaniswamy; Sri Sengoto Velan, advocate; Dr. Rajaratnam, District Governor Lions Club; Sri V.P. Kandaswamy, Vellimgiri Hills.
CHETTIPALAYAM: Sri Venkateswamy Chettiar; Sri C.A. Ramaswamy Gounder; Sri C.K. Annachiappa Gounder; Sri C.R. Nanjappan; Sri C.R. Arumugam; Sri C.A. Nanjappa Gounder family; Sri K. Vellingiri.
TIRIPUR: Sri E.R. Palamiswamy Gounder; Sri V. Chellammal; Sri La Sri Arivananda Swamigal; Sri E. Venkatachala Gounder; Sri Mohan; Lions Club.
PALAYAKOTTAI: Sri N.S.S. Manradiar, Pattagar; Srimathi Parvathi Arjunan.
OOTY: Sri & Srimathi Mohan Rao; Sri Rama Rao.
PALLACHI: Sri Arumugam, Nachimuthu Politecnic.
PERUR: Sri La Sri Ramaswami Swamigal.
PALANI: Sri V.M. V.M. Kalidass.
BANGALORE: Sri & Srimathi SeethaRam; Sri Rana Lakshman Singhji & family; Sri V.R. Subramanium; Divine Life Society; Das Ashram International Center; Sri & Srimathi Duroswamy.
MADRAS: Sri N. Mahalingam; Sri P. Kuppuswami, police commissioner & Srimathi P. Kuppuswami; Sri P.S. Kailasham, High Court Judge & Srimathi P.S. Kailasham; Srimathi Jayalakshmi; Sri N. Srinivasan.
TIRUVENAMALAI: Sri Swami Raja, Advocate.
TIRUPPARAITHURAI: Sri Ramakrishna Thapovanam.
NEW DELHI: Srimathi Oberoi, Oberoi Intercontinental; Sri A. Sundaram; Sri Sudh, Divine Life Society.
RISHIKESH: Divine Life Society Headquarters.

CRUNCHY GRAIN CEREAL

2 cups rolled oats *
1 cup shredded dried coconut
1 cup wheat germ toasted (must be toasted first or it will taste funny!)
1-2 cups chopped nuts (sunflower seeds, almonds, cashews, walnuts, pumpkin seeds, etc. - to your taste.)
Handful chia seeds
Handful sesame seeds
Honey (approx. 8 tbs.)
Oil (peanut oil tastes best) use about 3 tbs, enough to cover the bottom of the pan and to coat the sides.
Baking dish (pyrex glass is best--it burns least and is easiest to clean.)

Preheat the oven to 375 . Coat the baking pan with oil. Put in the rolled oats and mix around. Mix in the honey--there will be nice lumps. Leave them in! Add and mix, one at a time, the rest of the ingredients. Put in the oven and mix every few minutes or so to prevent burning. Leave in for approximately 15 minutes until a light brown. Take out and let cool. It will be soft and sticky. As it cools, it will dry out and get crunchy.

This will feed 4 people for breakfast for a few days. If you use more than one recipe, leave in the oven longer.

* You can cut the rolled oats with rice flakes, barley flakes, bran flakes, etc. Use 1 cup rolled oats and 1 cup mixed.

P.S. If you like it sweeter to be used as a candy, add 1 tsp. vanilla or almond extract to the oil.

P.P.S. You can also add raisins and dates midway in the baking process. The dates should be chopped into small pieces.

ENJOY!

Shree Hassin

NEWS IN BRIEF

Swamiji--

In the last phase of Swamiji's world tour, programs were given in Malaysia, Hong Kong, Australia, New Zealand, Fiji, and Hawaii. The response was overwhelming everywhere with large crowds, especially the youth, gathering to meet and hear Swamiji speak.

Swamiji arrived in the United States to a tremendous reception in San Francisco on April 3. He visited all the IYI centers as well as Portland, Oregon and Davis, California. Public lectures and programs were given at all the IYIs and over 200 people were given initiation.

Swamiji arrived in New York on April 22 to a huge reception at Kennedy Airport. On the 26th, he was in Florida for a lecture at the University of Miami and to tape a television program. Swamiji gave his first public lecture in New York since his return at Hunter College Auditorium on April 30. Two thousand people joined to welcome him home and to hear an inspiring lecture.

Needless to say, all our hearts are overflowing to have Swamiji home again.





Swamiji is welcomed home!

IYI New York--

The biggest event has, of course been the return of our Beloved Guru. Hundreds of devotees gathered to meet Swamiji at the airport on April 22 and to receive his blessings after being away for six months.

In the past two months, the New York IYI has been busy with service, growth, and preparation for Swamiji. A new classroom has been completed as well as new quarters for Swamiji.

Recent programs have included Hunter, Lakeland, and Elmont High Schools, Centenary College, Fordham University, Mercy , Queens, and Wilson College, CCNY, Kirkland College, Alexander's Department Stores, and Bernstein Institute of Beth Israel Hospital. The benefit concert with Aparna Coltrane, Paalitha Cavaliere and Laura Nyro was sold out at Carnegie Hall. Rabbis Carlebach and Gelberman conducted a concert for over 200 people on March 18. The IYI also participated in Earth Day on March 21. We all look forward to a second Annhurst Retreat from June 23 to July 2.

Guests have included two Carmelite Sisters from Rhode Island, Swami Atmananda, and Pir Vilayit Khan. New members of the ashram include Oliver, child of Aruna and Arjuna Zurbel, and Sumathi, child of Anandi and Lakshaman Johnson.

IYI Los Angeles, California--

Yoga lectures and demonstrations have been given recently throughout Los Angeles at recreation centers and schools including: Hollywood, Poinsettia, and West Wilshire Recreational Centers; San Anselmo and Gage Junior High Schools; and Bishop Montgomery Catholic High School. In mid-April, a course will begin at U.C.L.A. Experimental College. More classes are now being offered in the Pasadena and San Fernando Valley areas. In mid-April, the L.A. IYI began a radio show on KPFK. Two benefits are being planned to raise funds for the new ashram--one with mimist Samuel Avital and one large rock concert. A successful dinner and musical program was held on March 26 to raise funds for fixing up the ashram for Swamiji's arrival.

IYI Detroit, Michigan--

Programs have recently been given at Trenton, Robichaud, Taylor Central, Lincoln Park, Centerline and Hartland High Schools; a talk and meditation with the Committee of Religious and Education Directors; and talks and Hatha classes at the Downriver Unitarian Universalist Fellowship and the Kresege House of Prayer. Satsang was held on March 22 with Brother David and the House of Prayer Sisters. Brother David gave an inspiring talk on Eastern and Western religious traditions.

The IYI has been employed by the Department of Mental Health's Drug Abuse Treatment Center to teach daily classes to the methadone patients. A representative of the IYI was placed on a sub-committee on alternatives to drug abuse in conjunction with the Detroit Wayne County Mental Health Services Board. A meeting was held with the superintendent and principals of the Fitzgerald school

district to discuss the value of Yoga in relation to the drug problem. A second program was held at DARTE for people involved in anti-drug programs in their respective communities.

Two videotapings were made giving an introduction to Integral Yoga and a Hatha Yoga demonstration to be shown in May. A 5 day retreat was held April 8-12, coinciding with Easter, Passover, Buddha's birthday, and the full moon. Sixty people participated in silence and love. Courses in Hatha Yoga, Raja Yoga, and Yoga Cooking have begun here as well as a children's class.

IYI Dallas, Texas--

The IYI has spoken to many classes at SMU in the Philosophy, Nature of Man, Psychology, Eastern Religion, and Theater Departments. A lecture was also given for the faculty of the Nature of Man Department which was videotaped and shown to the students afterwards. Another talk was recently given at Southwestern University. We are now teaching each week in Austin and the family there has begun to look for a house for an IYI. The IYI has also been asked to begin classes in Houston. On May 2, we have been invited to give a lecture, Hatha class, and lead chanting at an outdoor rock concert in Waco.

We recently had lunch with noted scientist/philosopher Buckminster Fuller and presented him with a copy of Swamiji's biography. A group of businessmen from several major department stores came to the ashram for dinner in order to get a better understanding of modern youth and their interests. A weekly radio program, "Satsang," has begun on KFAD-FM.

Spreading the concept of drug rehabilitation through Yoga, we made a presentation to State Representative Golman, who in turn made appointments with Dr. Ford at the Texas Educational Agency and Senator Richter of the State Drug Abuse Program. We will also be giving classes in Fort Worth at the Drug Treatment Center of the Tarrant County Medical and Educational Research Foundation.

IYI San Francisco, California--

Swamiji gave a lecture on April 4 at the University of California, Davis Campus for Earth Rebirth. On the 6th he visited the Berkeley IYI and later initiated 70 seekers from the San Francisco, Berkeley, and Santa Cruz IYIs. He gave a beautiful talk at the First Unitarian Church to 1100 people and again spoke to 350 poeple at the UC campus at Santa Cruz.

A successful dinner for the benefit of the Integral Yoga School was given on March 17. The school committee is now planning a bazaar and garage sale April 17th and 18th and a benefit concert in May by mime artist, Samuel Avital.

As part of the community service, we have given classes in the Pedregal House, Mills High School, Gompers and Lowell High Schools and Peninsula Hospital. Our classes continue at S.F. State, U.C. Davis, Concord House and Aragon High School, as well as four classes a week at the Sausalito Art

Center in Marin.

IYI Hartford, Connecticut--

The Hartford IYI is currently in the process of looking for a new home. Classes will soon begin for Junior High students in Hartford's North End in conjunction with the Knox Foundation. Four teachers are presently being trained to work on such community service programs.

On April 1, a half-hour T.V. show was taped for WHNB Channel 30 and will be shown on May 1. A Satsang and meditation was given recently by Dr. Mohan Singh.

Swamiji gave a beautiful lecture to a packed audience at the Unitarian Church on April 29.

IYI New Jersey--

The New Jersey IYI moved into a new home and celebrated its one year anniversary at the open house. It is located in a country setting but within ten miles of four major colleges and two large towns. A rented loft at 5 Clark St. in Garfield is being used for classes now and is working out very well.

On March 12-14 a retreat was given for students from St. Peter's College at the Grail House in Cornwall, N.Y. About 30 students, many without any previous contact with Yoga, rented a house and set up the retreat. On March 18, we were blessed with Brother David's presence in our home; he had dinner with us and then spoke to 200 Sisters at St. Elizabeth's College about prayer and Yoga. On March 24, a lecture was given at St. Peter's College to a group of night students. Our first course in Raja Yoga began in March as well as two cooking classes.

IYI Santa Cruz, California--

Swamiji arrived here on April 9th. He gave a lecture on the 10th at the University of California at Santa Cruz to about 400 people. This was Swamiji's first talk in Santa Cruz.

We now have classes at Cabrillo College, the University of California at Santa Cruz, and the YWCA. Sadhana Day was held on March 21-it was a beautiful day for those participating. An Integral Yoga Fair is being organized for the summer. It will consist of Hatha classes, films, music, crafts, and vegetarian food.

IYI Brussels, Belgium--

The Brussels IYI is organizing International Seminars in Switzerland this summer. At the center, more than eighty people are being trained as Yoga teachers in a course that lasts for 3 years. Daily classes in all aspects of Yoga are also being given.

THE YOGIC BOOKSHELF

The IYI is happy to announce the publication of Swami Satchidananda's first book, Integral Yoga Hatha. It is a simple, lucid, and beautifully designed book on Hatha Yoga with photos of Swamiji demonstrating Asanas, Bandhas, Mudras, Pranayamas, and Kriyas. The book provides hints, techniques, and benefits for these practices and can be used by beginners, intermediate, or advanced students. Integral Yoga Hatha will make a fine addition to your own library or a wonderful gift.

SWAMI SATCHIDANANDA
HIS BIOGRAPHY

by Sita Wiener

Swami Satchidananda has had an extraordinary effect throughout the world, bridging the gap between the ancient teachings of the East and our modern, Western civilization. This first written account of his remarkable life is balanced between the actual sayings and teachings of Swamiji and the running narrative that traces his life from his birthplace in South India to his present work in America. Swamiji's deep compassion, love, wisdom, and wit come across vividly in this biography that stands as both an amazing story and an inspirational guide and book of spiritual wisdom.

- -

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Welcome Home Swamiji!

from your New York ashram children

YOGA ECUMENICAL RETREAT

ANNHURST II

June 23-July 2

The second Yoga Ecumenical Retreat will be held this summer at Annhurst College, South Woodstock, Connecticut. Swami Satchidananda, assisted by Brother David, Rabbi Gelberman, Father Maloney, and many others will direct this intensive program for spiritual discovery. People from all backgrounds, with or without previous knowledge of Yoga, will participate. Contact your nearest IYI for more information, or send your registration ($100 for 10 days or $50 deposit with balance due June 7) to Sister Isabel Green, Eastern Point Retreat House, Gloucester, Massachusetts 01930.

Subscribe to Integral Yoga magazine and receive a full year's issues mailed to you for your convenience. Your subscription will keep you in touch with Swamiji and the IYI.

- -

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Send to your nearest IYI center.

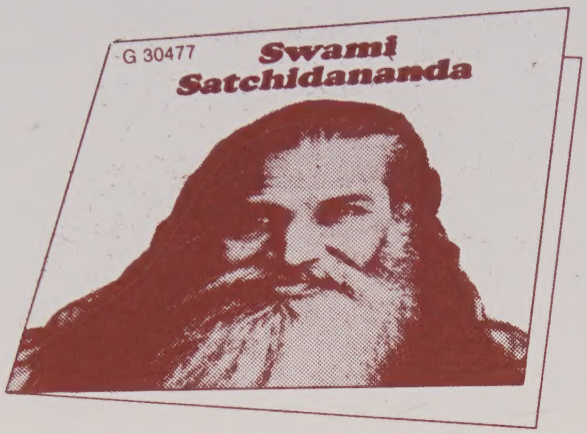
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Side One

How can we find peace?
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"He'll Set You Free"
Written and sung by Maheshwara and Parvathi

Side Two

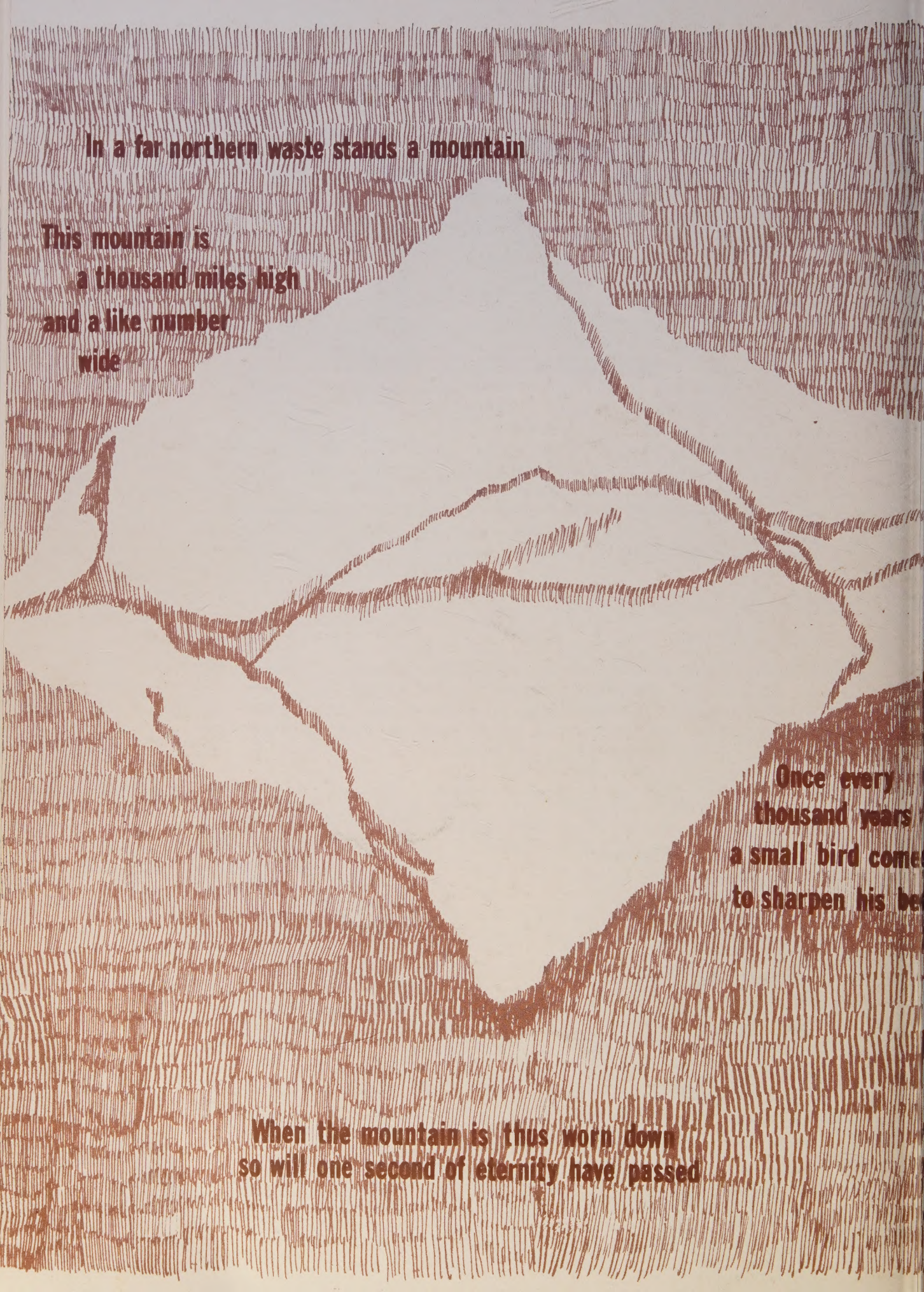
What is God?
Good and Bad
What is a Guru?
Facing difficulties
Freedom and Discipline
Expansion of Consciousness
"The Sweater Song"
Written and sung by Maheshwara and Parvathi

Side Three

Kirtan-Yoga Chants

Side Four

What is Integral Yoga?


In a far northern waste stands a mountain
This mountain is
a thousand miles high
and a like number
wide
Once every
thousand years
a small bird come
to sharpen his be
When the mountain is thus worn down
so will one second of eternity have passed